

The Effect of Oketani Massage on Increasing Breast Milk Production in Lactating Mothers Aged 0-6 Months in Ciseureuh Purwakarta Area in 2024

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KEYWORDS

Breastfeeding mothers, babies 0-6 months, massage Oketani

ABSTRACT

Babies should be given safe breast milk from birth to six months of age, without any other food or drink except vitamins and medicines. Breast milk is the key to the survival of both mother and baby. Meanwhile, breastfeeding coverage in the Ciseureuh Purwakarta Region in 2024 is projected to be 51.7%. Based on the above background, it shows that there is still a low level of exclusive breastfeeding by mothers for their babies. The purpose of this study is to determine the effect of breast milk production on breastfeeding mothers aged 0-6 months in the Ciseureuh Purwakarta area in 2024. The population in this study includes all breastfeeding mothers with infants aged 0-6 months; the sample is divided into two groups, namely 20 respondents in the intervention group and 20 respondents in the control group. The Wilcoxon test obtained a p-value of 0.000 ($p < 0.05$), which means that there is a significant difference between the pre-test and post-test results. Therefore, it can be concluded that Oketani massage has an impact on breast milk production in breastfeeding mothers between 0-6 months old in the Ciseureuh Purwakarta area in 2024. There is an effect of Oketani massage on breastfeeding mothers aged 0-6 months in the Ciseureuh Purwakarta area in 2024. The study provides evidence-based support for scaling up this intervention to improve breastfeeding outcomes, particularly in regions with low exclusive breastfeeding rates. Future research should explore the long-term effects and cost-effectiveness of implementing Oketani massage programs in diverse healthcare settings.

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INTRODUCTION

Breast milk (ASI) is a gift from Allah that is very important for a mother and baby. In the Qur'an, it is stated that mothers should breastfeed their children for two whole years, in accordance with the teachings in Surah Al-Baqarah (2:233). Breast milk is the best food that can be given to babies; it contains a balanced composition and meets the growth and development needs of the baby (Lestari, 2021; Lubis & Anggraeni, 2021; Magdalena, Auliya, Usraleli, Melly, & Idayanti, 2020; Vidiani, 2024). Although breastfeeding has many benefits, the understanding of the importance of exclusive breastfeeding is still low in society, leading to low coverage of exclusive breastfeeding. Exclusive breast milk, which is given without the addition of other foods or drinks other than vitamins or medications, is essential for the survival of the baby and the mother, as described by the WHO (2023). However, although breast milk is an ideal food, many mothers have difficulty breastfeeding and do not succeed in providing exclusive breastfeeding (Astuti, 2023).

Increasing milk production is very important because low production can affect the success of exclusive breastfeeding (Dinkes Jawa Barat, 2020). One way to increase milk

production is to use Oketani massage therapy, which has been shown to be effective in increasing the hormone prolactin, which plays an important role in milk production (Lubis & Anggraeni, 2021). Oketani massage therapy, which originated in Japan, focuses on breast care to increase blood flow and stimulate breast milk production. This method can help breastfeeding mothers overcome various lactation problems and improve the quality of breast milk (Kabir, 2009). Although this method has been proven effective in various countries, its use is still rare in Indonesia.

Based on data from the Purwakarta Health Office, the coverage of exclusive breastfeeding in Purwakarta Regency is still low, at only 51.7% in 2022. This shows that many mothers do not succeed in giving exclusive breastfeeding to their babies. Therefore, this study aims to examine the effect of Oketani massage on breast milk production in breastfeeding mothers aged 0-6 months in the Ciseureuh Area, Purwakarta Regency, in 2024. This study will also evaluate factors that affect the success of Oketani massage, such as age, parity, education, and maternal employment (Dinas Kesehatan, 2022; Girsang, 2023; Hayati & Hasian, 2022; Hikmahwati et al., 2023).

Several previous studies have shown that Oketani massage can increase breast milk production, both in mothers who have just given birth and those who have lactation problems. This massage helps to smooth blood flow to the mammary glands, stimulate the hormone prolactin, and overcome blockages in the milk ducts (Roesli, 2009). Research by Vania et al. (2020) showed that Oketani massage can increase milk production in postpartum mothers, with significant results in the increase of breast milk amount after therapy. Based on these studies, this study will test the effectiveness of Oketani massage in increasing breast milk production in breastfeeding mothers in Purwakarta Regency.

Additionally, it is important to pay attention to other factors that can affect breast milk production, such as maternal age, parity, education, and employment. Some studies show these factors can affect a mother's ability to breastfeed exclusively. For example, younger mothers or those with lower education may face difficulties understanding the importance of exclusive breastfeeding and managing lactation problems (Siswanto et al., 2019). Therefore, this study will also examine the influence of these factors on the success of Oketani massage.

One of the major challenges in exclusive breastfeeding is the lack of adequate support and knowledge of proper lactation techniques. Exclusive breastfeeding has many benefits for the baby's health, such as increased immunity and brain development, but often mothers feel unable to breastfeed due to low milk production problems. This research will provide deeper insight into how the Oketani massage method can be a solution to increase breast milk production, as well as its impact on the health of the baby and mother.

Through this research, it is hoped that it can make a significant contribution to increasing exclusive breastfeeding coverage in Purwakarta Regency, as well as provide a basis for better health policies related to support for breastfeeding mothers. Thus, this study not only aims to increase breast milk production through Oketani massage therapy but also to educate the public and health workers about the importance of exclusive breastfeeding and techniques that support the smooth lactation process. Therefore, this research has high relevance in public health, especially in areas with low exclusive breastfeeding coverage. Researchers hope the results of this study can provide useful recommendations to raise awareness of the importance of exclusive breastfeeding and offer practical solutions for mothers who have difficulties in breastfeeding.

METHOD

The study used a quasi-experimental design with pre-test and post-test groups, involving two groups: the intervention group that received Oketani massage therapy and the control group that did not receive the intervention. Prior to the intervention, all subjects in both groups were tested using a numerical rating scale (NRS) to measure the level of breast milk production in breastfeeding mothers. Afterwards, the intervention group received Oketani massage therapy, while the control group did not receive the intervention. Post-tests were carried out three days after the intervention to measure the results of changes in milk production in both groups. Next, the researchers compared the results of breast milk production before and after the intervention in both groups to determine the effect of Oketani massage on breast milk production.

This research was carried out in the Ciseureuh area, Purwakarta Regency, with the subjects being breastfeeding mothers aged 0-6 months. The study was conducted over four months, from September to December 2024, which allowed for comprehensive data collection on the effect of Oketani massage on breast milk production.

The population of this study included all breastfeeding mothers aged 0-6 months in the Ciseureuh area, Purwakarta Regency, totaling 198 respondents. Samples were taken using purposive sampling techniques with predetermined inclusion criteria, resulting in 40 subjects, divided into two groups: the intervention group and the control group, each consisting of 20 subjects. To anticipate potential dropouts, the sample size was increased by 10%, maintaining the total number of research subjects at 40.

The subjects met inclusion criteria such as being breastfeeding mothers aged 0-6 months who did not give formula milk, had not received postpartum Oketani massage, and experienced breast milk production disorders. Exclusion criteria included mothers who were not exclusively breastfeeding, taking breastfeeding booster supplements, had open wounds, or were suffering from infectious diseases. Subjects meeting these criteria were expected to provide valid results regarding the effect of Oketani massage on breast milk production (Muayah, 2023; Muna & Roza, 2023; Mustika Dewi, Putri Basuki, & Wulandari, 2022; Pujihart & Kuswandini, 2018; Purwati, 2018).

Data were collected through direct observation and questionnaires measuring milk production levels before and after administering Oketani massage therapy. The independent variable was Oketani massage therapy, while the dependent variable was breast milk production measured in cc after 5 minutes of massage. Data collection involved informing respondents about the purpose and procedure of Oketani massage and obtaining their consent for therapy. The study used two groups: the intervention group that received Oketani massage and the control group that did not.

After data collection, the processing began with data editing and coding to check completeness and suitability. The collected data were then entered into the system for further analysis. Data were compiled into frequency distribution tables to facilitate analysis and interpretation. Analysis was conducted using appropriate statistical tools to test the research hypothesis.

Data analysis was performed using two approaches: univariate analysis to measure the frequency of observed variables and bivariate analysis to test relationships between variables.

Data normality and homogeneity tests were conducted using the Shapiro-Wilk test to verify normal distribution. To measure differences between pre-test and post-test results in the intervention and control groups, the Wilcoxon test was used with a significance level of $p < 0.05$. This analysis provided a clear picture of the effect of Oketani massage on breast milk production in breastfeeding mothers in the Cisureuh area, Purwakarta Regency.

RESULTS AND DISCUSSION

Univariate Analysis

The researcher presents the results of the research in this chapter with a table and descriptive. There were forty people surveyed. This study examines the effects of Oketani massage on breastfeeding mothers aged 0 to 6 months in the Cisureuh Purwakarta area in 2024. The results of the research conducted in the Cisureuh Purwakarta area in 2024 show that of the 40 respondents, the age of 20-35 years is the most often answered, as many as 39 (97.5%) and the elderly (under 20 years and 35 years), who turn out to be over 20 years old, are the only respondents (2.5%). The results of a study conducted by the Cisureuh Purwakarta region in 2024 show that of the 40 respondents, 22 (or 55 percent) experienced their first pregnancy, and the least was a multipara birth (2 to 4 births), namely 18 (or 45 percent). The results of research conducted in the Cisureuh Purwakarta area in 2024 show that out of 40 respondents, the most people with high school education (SMA) are 19 respondents (47.5%), low respondents (SD-SMP) 14 respondents (35.0%), and 7 respondents (17.4%) have higher education. The results of the research conducted by the Cisureuh Purwakarta area in 2024 show that 40 people answered, 20 of whom were workers (21.5%) and 19 who were not employed (19.5%).

Bivariate Analysis

1. Pretset, Control and Intervention

The results of the research conducted by the Cisureuh Purwakarta area in 2024 showed that 40 respondents were obtained, each respondent amounted to 20 respondents with a pretest of 20 respondents (50.0%) and an intervention pretest of 20 respondents (50.0%).

2. Posttest, Control and Intervention

The results of the research conducted by the Cisureuh Purwakarta area in 2024 showed that 40 respondents were obtained, each respondent amounted to 20 respondents with a posttest of 17 respondents (42.5%) and an intervention pretest of 23 respondents (57.5%).

3. Increase Massage Oketani

The results of the research conducted by the Cisureuh Purwakarta area in 2024 found 40 respondents, 17 (42.5%) respondents who were not given the intervention were 17 (42.5%), while the respondents who were given intervention amounted to 23 (57.5%).

4. Normality Test Analysis

The hypothesis test in this study was successful, as shown in table 5.8 above, because in the control group the p-value was 0.000, but in the intervention group the p-value was 0.000 or less than 0.05, or the data was not normally distributed. using a non-parametric test, the Willcoxon test. This test does not require normally distributed research data, and if the data is not normally distributed, it is used in place of paired sample testing.

5. Homogeneity Test Analysis

The probability value (p value) of all homogeneity test values shows <0.005 , thus it can be concluded that the variance of the data is not the same or it can be said that the data is not homogeneous.

6. Wilcoxon Test Analysis

data can be accepted if the Asymp.Sig value is <0.05 . It can be seen that in the result of the wilcoxon test having a Sig is 0.000. as a result, H_0 was rejected, while H_a was accepted, which suggests that there is a difference between the previous test and the subsequent test, so it can be concluded that Oketani massage has an impact on breast milk production in breastfeeding mothers between 0-6 months of age in the Ciseureuh Purwakarta area in 2024.

7. Chi-Square Test

The Relationship between Maternal Age and the Effect of Oketani Massage on Breastfeeding Mothers 0-6 Months in the Ciseureuh Purwakarta Area in 2024.

The P-Value value is .239, so it can be concluded that the Mother's Age does not affect Oketani massage in breastfeeding mothers 0-6 months in the Ciseureuh Purwakarta area in 2024.

- a. The Relationship of Maternal Parity with the Effect of Oketani Massage on Breastfeeding Mothers 0-6 Months in the Ciseureuh Purwakarta area in 2024.

The P-Value value is .822, so it can be concluded that Maternal Parity has no effect from Oketani massage on breastfeeding mothers 0-6 months in the Ciseureuh Purwakarta area in 2024.

- b. The Relationship between Maternal Education and the Effect of Oketani Massage on Breastfeeding Mothers 0-6 Months in the Ciseureuh Purwakarta Area in 2024.

The P-Value value is .122, it can be concluded that maternal education has no effect on Oketani massage in breastfeeding mothers aged 0-6 months in the Ciseureuh Purwakarta area in 2024

- c. Relationship between Maternal Work and the Effect of Oketani Massage on Breastfeeding Mothers 0-6 Months in the Ciseureuh Purwakarta area in 2024.

The P-Value of .000 can be concluded if the Mother's Work has an effect on Oketani massage in breastfeeding mothers 0-6 months in the Ciseureuh Purwakarta area in 2024.

Univariate Analysis

Based on the results of research in the Ciseureuh area of Purwakarta in 2024, age characteristics show that of the 40 mothers surveyed, the majority are aged 20 to 35 years, or 39 people (95.7%), are the ideal productive age to produce and have good breastfeeding skills. Over the age of 35 years has a high risk of pregnancy and childbirth, so it is believed that as the organ system ages, the ability to breastfeed also decreases. However, at the age of under the age of 20, her reproductive organs are still in their infancy, or not yet fully developed, and she is considered psychologically unready to become a mother, which has an impact on the process of producing exclusive breast milk (Siregar, Purba, Anatasya, & Gulo, 2020; Siswanto et al., 2019; Tohardi, 2019; Wibowo, 2023; Widiastuti & Jati, 2020). Rahmawati and Wahyuningati (2020) show that breastfeeding is most influenced by the age of the mother (20-35 years).

Based on the characteristics of parity, it shows that out of 40 mothers, the majority of respondents are Primipara as many as 22 people (55.0%). According to researchers, mothers who are pregnant for the first time receive more information about exclusive breastfeeding than

pregnant mothers >2. Maternal knowledge affects the duration and intensity of breastfeeding in the first child, so mothers are more motivated to prepare their bodies and pay attention to what is necessary for the health of their babies. As a result, the pregnant women's class is more followed by young mothers and primigravida mothers, so that more mothers in the first pregnancy are educated about the importance of exclusive breastfeeding based on Rahmawati & Wahyuningati, (2020)

Based on the characteristics of the job, the number of workers from the 40 respondents was 21 people (52.5%), while the number of those who did not work was 19 people (47.5%), so the results of the workers and those who did not work were 21 responses each. It often happens that women who work or career women do not want to breastfeed their children using exclusive breast milk because it is complicated, they have to carry a breast pump everywhere they go, therefore women who are working are said to be one of the problems in the research on the effect of Oketani massage to increase breast milk production in breastfeeding mothers aged 0-6 months. In addition, the study showed that most of the respondents worked as housewives, namely 21 respondents (52.5%). Research also shows that the expenditure on breast milk production is the same for both working and non-working people, namely 19 respondents (47.5%). A person's economy is closely linked to their job. Having a job can meet household needs such as meeting the nutritional needs of mothers during pregnancy. But if mothers have less financial resources, they cannot meet the nutritional needs of mothers due to cost issues. Mustika Dewi et al (2022).

Bivariate Analysis

Based on table 5.5 of the distribution of pretest control and intervention research results in the Ciseureuh Purwakarta area in 2024, 40 respondents were obtained, each respondent amounted to 20 respondents with a pretest of 20 respondents (50.0%) and an intervention pretest of 20 respondents (50.0%).

According to Fikawati's (2015) theory, breast milk does not come out is a condition of not producing breast milk or at least producing breast milk. One of the actions that need to be taken to maximize the quality and quantity of breast milk is through back massage with the Oketani massage technique. Di et al (2022).

According to the researchers' assumption, there is an effect of octane massage on breast milk production in postpartum mothers because octane massage causes the breasts to become softer and wider, so that the mammary glands are increasing and the production of milk is increasing. The effect of this octane massage is seen from the increasing volume of breast milk, the baby who has been breastfeeding for a long time and calmly when breastfeeding (Saputri, Ginting, & Zendato, 2019; Setiyowati & Rofika, 2022; Silalahi, 2022; Siregar, Purba, Anatasya, & Gulo, 2020; Setiyowati & Rofika, 2022).

Meanwhile, in table 5.6 the distribution of control and intervention posttest Based on the results of research in the Ciseureuh Purwakarta area in 2024, 40 respondents were obtained, each respondent amounted to 20 respondents with a posttest of 17 respondents (42.5%) and an intervention pretest of 23 respondents (57.5%).

The researcher assumes that in this study it was found that there is an effect before and after Oketani massage on breast milk expenditure in postpartum mothers. This is because

mothers who have not been given more Oketani massage do not experience breast milk expenditure. However, mothers who have had Oketani massage experience more breast milk expenditure. In this case, according to researchers, the decrease in milk production and production in postpartum mothers can be caused by the lack of stimulation of the hormones prolactin and oxytocin which play a major role in the smooth production and production of breast milk. Therefore, Oketani massage is one way to overcome the problem of breast milk production because it can stimulate the onset of prolactin and oxytocin hormones which play a role in the production and production of breast milk in postpartum mothers (Astutik, 2019).

According to the researchers, in this study, mothers who had not been given Oketani massage did not experience breasts that felt squeezed before breastfeeding the baby or during breastfeeding. Breast milk also does not flow into the mother's breast, even the absence of slow and deep suction from the baby and the sound of the baby swallowing breast milk is not heard. Then breast milk also does not drip from the other breast, if the baby is breastfeeding on the other breast (Rahmatia, Hariani, Mawaddah, & Mustari, 2022; Rahmawati & Wahyuningati, 2020; Rusdin, 2023; Samosir & Damanik, 2022). However, some mothers still experience pain due to uterine contractions and blood flow during breastfeeding in the first week of delivery. The mothers who have been given Oketani massage experience more signs of breast milk expenditure. This is because Oketani massage provides a sense of comfort and relaxation to the mother so that it does not inhibit the secretion of the hormones prolactin and Oketani. Oketani massage is one of the solutions to overcome the unsmooth production of breast milk. In this case, breast milk also plays a very important role in the growth and development of the baby's immune system. Therefore, it is necessary to provide enough breast milk to the child. Muna Sirajul, Aryani Roza (2023)

The results of this study are in accordance with the previous research conducted by Zendato (2019) with the title "The Effect of Oketani Massage on the Smooth Production of Breast Milk in Breast Milk with a p-value of $0.008 < \alpha (0.05)$ which means that there is an effect of Oketani massage on increasing the smooth milk production of postpartum mothers. In the opinion of researchers, Oketani massage can be used as a non-pharmacological therapy for smooth milk production in postpartum mothers, because from the results of this study and several other studies it is proven that Oketani massage is able to increase the smooth production of breast milk in postpartum mothers. Postpartum Mothers" was obtained as a result of the effect of Oketani massage on postpartum mothers on the smooth production. Rahmatia et al (2022).

Based on the results of the Normality test in table 5.8 above, it can be seen that the Willcoxon test, which does not require a study of normally distributed data, is used as an alternative to test a pair sample if the data is not normally distributed. In the control group, the p-value was 0.000, while in the intervention group, the p-value was 0.000 or less than 0.05, so the hypothesis test in this study used a non-parametric test. this is the same as what was done by researchers Saputri et al (2019).

Based on the results of the Homogeneity test Table 5.9, it can be seen that the probability value (p value) in all homogeneity test values (there is homogeneous age, parity, educators who are not homogeneous jobs) shows <0.005 As a result, it can be concluded that the data variant is not the same or not homogeneous but there is one data that indicates a value (p value) less

than <0.005 in the work homogeneity test, thus it can be concluded that the variant of the data is the same or it can be said that the data is homogeneous, this study is almost the same as the research of Siregar et al (2020) which shows that the homogeneity test is not homogeneous with age, parity is not homogeneous and in the homogeneity test research there is the same work as the Purwati (2019) study.

According to the Wilcoxon Test Frequency Distribution shown in table 5.10, the results of the Wilcoxon test data are acceptable if the Asymp.Sig value is <0.05 . The results of the wilcoxon test also have a Sig of 0.000. So, H_0 was rejected and H_a was accepted, which shows that there is a difference between PreTest and PostTest. Thus, it can be said that Oketani massage has an impact on breast milk production in breastfeeding mothers aged 0-6 months in the Ciseureuh Purwakarta area in 2024. This is comparable to previous research conducted by Magdalena et al (2020), Samosir & Damanik (2022) and Saputri et al(2019) According to the researchers, the wilcoxon test data is acceptable if the Asymp.Sig value is <0.05 .

The results show that if the Sig value is 0.000, H_0 is rejected and H_a is accepted, which indicates that there is a difference between PreTest and PostTest. Based on the frequency distribution of chi-square tests in Table 5.11, 5.12, 5.13, the results of chi-square test data that can be performed in age, parity, education groups show a P-Values of 0.239, .822, 122 then it can be concluded that if uisa, equality, and maternal education do not affect In 2024, there will be an Oketani massage for breastfeeding mothers aged 0 to 6 months in the Cisereuh Purwakarta area. This study is similar to that conducted by Samosir & Damanik (2022) but the results of the chi-square test data can be obtained in a group of occupations with a P value of 0.000 based on the frequency distribution of the chi-square test in table 5.14. Thus, it can be concluded that maternal work has an impact on Oketani massage in breastfeeding mothers aged 0 to 6 months in the Ciseureuh Purwakarta area in 2024. Mustika Dewi et al (2022).

Studies show that Oketani massage can stimulate the hormone oxytocin, which affects the rate of milk excretion, and the hormone prolactin, which is responsible for milk production. Therefore, Oketani massage can help mothers relax their uterus after childbirth. Purnamasari et al. (2021) support research with a p value = 0.000. The results showed that Oketani massage changed how smoothly breastfeeding mothers were breastfeeding.

Researchers argue that Oketani massage stimulates the release of the hormones oxytocin and prolactin, which cause milk to come out through the baby's nipples and mouthfeeding. The footing on the mother's spine makes it calm and relaxed, which makes the release of oxytocin and breast milk hormones easier (Di, Mandiri, Pmb, Iriani, & Si, 2022).

Oketani massage also felt a change in her breasts which became softer and more flexible as well as an increase in the volume of breast milk that respondents felt after this oketani massage. Breast changes to become softer or more mature in the breastfeeding process, because by doing an octamine massage will stimulate the hormone prolactin which functions to increase milk production. Massage can also stimulate the hormone oxytocin which fights in breast milk production (IDAI, 2013)

Oketani massage is a skill management to overcome lactation problems such as insufficient milk production, and swelling of the breasts. Octane massage causes the breasts to become more flexible and produce good quality breast milk due to the increased total solids content, fat concentration and gross energy (Machmudah, 2017).

Oketani massage can stimulate the strength of the pectoralis muscles to increase milk production and make the breasts softer and more elastic so that it makes it easier for the baby to suck milk and the flow of milk becomes smoother due to the pressure that occurs on the alveoli (Kabir and Tasnim, 2019).

In addition to increasing the amount of breast milk production, massage can also improve the quality of breast milk, namely the levels of protein and carbohydrates of breast milk, the hormone oxytocin can stimulate the mammary glands to secrete milk so that breast milk is easy to explain.

This study explains the effect of octane massage with an increase in milk production in postpartum mothers on the first to 5th day can be seen from the addition of breast milk volume in accordance with the transitional milk theory, namely on days 4 to 10 with a milk volume of 100-300 cc. After the octane massage, the average increase in breast milk volume was 105.20 (Sudargo & Kusmayanti, 2019).

The hormone prolactin consists of three clots during the milk production process. On the second and third days, estrogen and progesterone levels increase significantly, which results in an increase in prolactin and an increase in breast milk secretion. The anterior pituitary triggers nipple stimulation to stop prolactin, which facilitates the secretion of breast milk. Marijuana et al. (2023).

CONCLUSION

The 2024 study conducted in the Ciseureuh Purwakarta area investigated the effect of Oketani massage on breast milk production among 40 lactating mothers, most aged 20-35 years, with varied parity, education levels, and employment status. The results showed a significant positive impact of Oketani massage on milk production, with 57.5% improvement in the intervention group versus 42.5% in controls. While maternal age, parity, and education did not significantly affect the intervention's effectiveness, employment status had a notable influence, highlighting the benefits of Oketani massage especially for working mothers. These findings support Oketani massage as an effective, non-pharmacological approach to enhance breastfeeding success, particularly in communities with low exclusive breastfeeding rates. Future research should explore long-term effects of Oketani massage on breastfeeding duration and infant health outcomes and assess implementation strategies tailored for diverse socioeconomic and occupational groups.

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